

Avery Fira

PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Submissions should be a **minimum** of 350 words total.

1. ? Describe your feelings about your participation in the simulations this week.
2. ? How did it go compared to what you expected it to be like?
3. ? What went well?
4. ? What could have gone better?
5. ? Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
6. ? How this week impact the way you feel about your ability to use therapeutic communication?
7. ? Did this week change the way you think about mental health? If so, how?
8. ? How will you use the knowledge gained from this experience in your practice as a registered nurse?

1. I feel that my participation in sim was very good. The simulation allowed me to learn from others and also learn from myself. I do think this sim did help me with my therapeutic communication and helped me understand that a mental health illness is a whole different approach.
2. I do think it went well and everyone was very nice and you could tell we were all there to learn. I expected to go in and be lost but Dr. Harrison made it very comfortable and educational.
3. I think the overall experience went well. I enjoyed being the nurse and having someone really act like an alcohol withdrawal patient. Having someone show irritation and be upset does make you nervous but you just have to try and de-escalate the situation.
4. I think I maybe could have been a better patient I was very shy and wasn't sure how to act. I also think maybe having lectures prior might help other because it did really help me. The role of the nurse impacted me because I had an alcohol withdrawal patient and it made me see that they are putting
5. in so much trust into the nurse to help them feel better. I also feel like behavior vomit was such a good input for me because it makes you look at everything from a different point of view
6. I think I can use therapeutic communication pretty well but still need to practice it. Using "I see you're... tell me..." Really did help me and I think are great ways to practice.
7. I think it allowed me to open up my mind to mental health more. Learning about behavior vomit did help me understand they really aren't trying to be "bad" they just can't help themselves. Being patient and just being there for them can do so much.
8. I think using therapeutic communication can impact any patient even if they are not psych patients. I think we forget that communicating and allowing ourselves to build that nurse-patient relationship can impact outcomes and care. I do think this is something everyone should learn because it helps any nurse.